

Mississauga's Premiere Pilates Studio

Summer Group Class Schedule July to August 2010

Summer group classes run in an 9-week cycle, beginning July 5th and ending the week of August 30th, Please note all Monday classes will be 8 weeks due to the Civic Holiday (August 2)

Monday	9:30 a.m. 7:00 p.m. 7:00 p.m.	Reformer II Power Walk & Pilates V2max
Tuesday	10:30a.m. 7:00 p.m. 7:00 p.m. 8:00 p.m. 8:00 p.m.	V2max Beginner's Matwork Starts July 20 Power Flow Small Equipment V2Max
Wednesday	8:30 a.m. 9:30 a.m. 7:00 p.m.	Reformer 1 Small Equipment Challenge Power Walk & Pilates
Thursday	9:30 a.m. 6:00 p.m. 7:00 p.m. 8:00 p.m.	Small Equipment Challenge Power Walk & Pilates V2Max Reformer II
Friday	8:30 a.m. 9:30 a.m.	Reformer II V2Max & Chair Duet
Saturday	8:30 a.m. 9:30 a.m. 10:30 a.m. 11:30 a.m.	Power Walk & Pilates Reformer II Reformer & Chair Open Mat Class

Make-Ups:

For the summer session, there are no restrictions on the number of make-up classes during the Open Mat Class Saturday at 11:30am, space permitted. Please call ahead to reserve your spot. Make-ups are only valid during the summer term and have no cash value.

Please Note:

Please note that class times are subject to change and withdrawal.

Classes are non-refundable.

Call for Prices

Register for 2 classes and receive 10% off

Register for 3 classes and receive 15% off

Class Descriptions

MAT-BASED CLASSES

Mat classes have a maximum 8 clients

Beginner Package

Beginners – This package is designed as an introduction to STOTT PILATES for those with little or no previous experience. It includes one private session (with a Certified Instructor) and seven group classes (one per week for 7 weeks). Explore Pilates as a new way to gain core strength, flexibility and improved posture through movement.

Essential

Small Equipment- Go beyond your introduction to Pilates and explore how the STOTT technique can redefine your body. Small equipment will be used to enhance the classic matwork.

Intermediate

Small Equipment Challenge This challenging class uses the flexband, foam roller, fitness circle and the BOSU. The total body workout will leave you in peak condition.

Advanced

Power Walk & Pilates – An invigorating walking warm up will get you ready to move in this high-powered, revitalizing workout! Sculpt your body using the new toning balls, the flexband, and the fitness circle.

EQUIPMENT-BASED CLASSES

Equipment classes have a maximum 5 clients

Beginner

Beginners Reformer – This class will introduce you to the reformer basics and add resistance to the Pilates repertoire

Essential

Reformer I – Our Reformer classes have quickly become the most popular in our schedule. This class will incorporate STOTT PILATES basic principles into a dynamic workout using spring resistant equipment. Move with grace using the springs to give you alignment feedback.

Intermediate

Reformer II – Take the Reformer to the next level in this core-challenging, faster-paced workout. Build on your strength and co-ordination while developing toned, lean, and flexible muscles

V2Max- A solid, all-in-one equipment system that multitasks as a Mat, Reformer and Cadillac, the V2 Max delivers more than 450 exercises to expand programming for group classes! Revolutionize your Pilates Training!!

Advanced

Reformer & Chair Duet – Enhance your Pilates workout by incorporating the challenging exercises of the STOTT Pilates Reformer and Stability Chair. Refine your muscular dexterity, strength, mobility, and flexibility with a Pilate's routine guaranteed to leave you feeling invigorated.

V2Max & Chair Duet/Mat & Chair Duet – Energize your body with the classical Pilates matwork and/or the V2Max then further challenge yourself with the ultimate test of core stability and balance-the Chair. This dynamic workout will provide you with the vitality to take on the rest of the day.